



# Recreation Matters



HOT OFF  
THE PRESS

- ◆ Town Beach Information and Concerts on the Common (See page 2)
- ◆ Flag Football Starting in the Fall (See page 7)
- ◆ New Day Trips (See page 11)

## IMPORTANT NOTES:

### If it is in our newsletter - it is time to register!

Group sales allow us to offer the best possible prices for show tickets, events and trips, and occur well before sales to the general public. We plan in advance to secure the best possible prices, seats and accommodations. Pre-registration and/or pre-payment are required for all programs except Community Events.

**No Reminder Notifications:** When you register for a program or trip, please mark your calendar.



**Cancellations:** Programs may have minimum registration requirements and risk cancellation if under-enrolled. If the cancellation is by the Recreation Department refunds will be issued, otherwise, there is a minimum processing fee of \$10. We will always try to accommodate cancellations, but there are times that refunds are not possible due to expenses already incurred or vendor commitments.

**Non-residents:** Non-resident participation is at the discretion of the Recreation Department. There is a surcharge of \$5 for a class or day trip, and \$10 for an overnight trip.

**Accommodations:** We encourage residents of varying abilities, disabilities to participate in our programs, trips, etc. If you require an accommodation, call the Recreation Office or call TTY (978) 694 - 1417.

**Newsletter:** Our newsletter is updated seasonally in February, May, August & November!



## HOW TO REGISTER:

**Visit in person, send via mail, or online:** Click on the link to "Register Online" at [www.wilmingtonma.gov/Recreation](http://www.wilmingtonma.gov/Recreation)  
**Night drop:** In a sealed envelope, place payment, with your contact information, and program or trip information in the Payment Drop Off slot in the wall at the left of the front door to Town Hall. *The date payment is considered received is the date it is removed from the box.*

## VOLUNTEERS:



Students looking for volunteer opportunities must contact the Recreation Department in advance of each event or program. Please note that some programs may have application deadlines and limited openings. Call or stop by for more information.

## SUGGESTIONS:



We welcome suggestions for new programs or trips! Also, if you are interested in sharing your skills/passion and would like to teach a class or program, please share your thoughts with us and we will see what we can do!

## STAY CONNECTED:



**Follow us on Facebook!**

[www.facebook.com/WilmingtonMARecreation](https://www.facebook.com/WilmingtonMARecreation)

Subscribe to **E-Alerts** at [www.wilmingtonma.gov](http://www.wilmingtonma.gov) to stay current with your Recreation Department!



**Town of Wilmington Recreation Department**  
Town Hall, 121 Glen Road, Wilmington, MA 01887

**Hours:** Monday - Friday, 8:30 a.m. - 4:30 p.m.

**Phone:** (978) 658 - 4270

**Web:** [www.wilmingtonma.gov/Recreation](http://www.wilmingtonma.gov/Recreation)



## CONCERTS ON THE COMMON

Wednesday Evenings  
6:30 - 8 p.m.

### July 5 - Joe Leary

(Rain date: 7/6)

Long time Wilmington resident Joe Leary returns, covering the likes of The Eagles, Jimmy Buffett, John Denver, Pop Country and other Acoustic Classics. Everyone is sure to sit back, relax and enjoy the memories these songs have brought us.

### July 12 - Jimmy & the Jesters

(Rain date: 7/13)

Jimmy Merrick "Mr. Rock & Roll" & the Jesters will perform the oldies and classic country tunes the way you remember them. Come out and see why this group is a fan favorite!

### July 19 - Ball in the House

(Rain date: 7/20)

Join us for an evening of A Cappella at its best. A review from the Boston Globe put it very succinctly - "Ball in the House has everything you would expect to find in a successful pop/rock band.... the one thing it doesn't have is instruments."

### July 26 - BackTrack

(Rain Date: 7/27)

BackTrack is a small band with a big sound producing the most accurate renditions of songs from each era! Get ready for a wide selection of classic songs from the 50's, 60's and 70's, the Girl Groups of the 60's, and many other bands and artists. Some people call it the "oldies", but we just call it fun!

## Town Beach at Silver Lake

Lifeguards on duty: **Saturday, June 10 - Sunday, August 13**  
10 a.m. - 6 p.m. daily

Wilmington residents may use the beach at no charge.

**Proof of residency is required.**

Non-residents: \$10 per person (ages 3 & up)

Day passes may be purchased at the beach.



*Flotation devices, dogs, grills, alcohol and smoking are prohibited on the beach.  
Children under 14 must be accompanied by an adult.*



## FISHING DERBY at Town Beach at Silver Lake

**Saturday, June 3 | 7:30 - 10:30 a.m.**

*Rain date: Sunday, June 4*

**Age 17 and under: \$2 | Age 18 and above: \$5**

Register in the Bath House.  
Prizes awarded to contest winners in youth categories. Shore fishing only - no boats.  
For this day only - no fishing licenses required.  
Worms will be available for purchase.

## Summer 2023 Lifeguards

The Recreation Department is accepting applications for Lifeguard positions for the summer of 2023. Enjoy working outdoors at Town Beach at Silver Lake. All lifeguards must be 16 years of age or older, and certified.



## Lifeguard Certification

Anyone who has completed a certification course since September 2022 and works for us this summer will be reimbursed for the cost of the course, up to \$400.

## BLAST! Babysitter Lessons and Safety Training

**Instructor:** Juanita Allen Kingsley  
**Grades:** 6 - 8  
**Date:** Tuesday, June 6  
**Time:** 1:45 - 3:45 p.m.  
**Location:** Wilmington Middle School  
**Cost:** \$60

This workshop includes:

- \* House safety
- \* Activities for different ages
- \* Choking prevention and relief
- \* What to consider before you take a job
- \* Communication - with parents, children and your parents
- \* How and when to call for help; how to call 911
- \* How to build your babysitting business



## HOME ALONE SAFETY

**Instructor:** Juanita Allen Kingsley  
**Grades:** 4 - 5  
**Date:** Tuesday, June 6  
**Time:** 3:45 - 5:15 p.m.  
**Location:** Wilmington Middle School  
**Cost:** \$55

This workshop includes:

- \* Telephone and door answering techniques
- \* Internet safety
- \* Accident and fire protection
- \* How to call 911
- \* First Aid techniques
- \* How to prevent and relieve choking
- \* Time management tips



## JR. BAKERS' BOOTCAMP

**Instructor:** Steven Tulloch, *Two Desserts Baking*  
**Ent. Grades:** 3 - 6  
**Dates:** Monday - Thursday, July 24 - 27  
**Time:** 9 - 11:30 a.m.  
**Location:** WHS Consumer Science Room  
**Cost:** \$175



Aimed at teaching basic baking skills and techniques to kids going into grades 3 - 6, Junior Bakers' Bootcamp features a different type of treat each day. Over the four days we will cover cookies, muffins, biscuits/scones, and cupcakes. Each day bakers will go home with treats to share with their families!

## MUFFIN MADNESS

**Instructor:** Steven Tulloch, *Two Desserts Baking*  
**Ent. Grades:** 5 - 8  
**Dates:** Monday - Thursday, July 31 - August 3  
**Time:** 9 - 11:30 a.m.  
**Location:** WHS Consumer Science Room  
**Cost:** \$175



In this four-day class, kids will learn to bake delicious muffins while picking up baking tips along the way. Muffin varieties include **Chocolate Chocolate Chip**, **Sour Cream Coffee Cake**, and **Jam-Filled Corn**. Each day bakers will go home with muffins to share with their families!

## KIDS TEST KITCHEN



**Ent. Grades:** 1 - 5  
**Dates:** Monday - Thursday, June 26 - 29  
**Time:** 10 a.m. - 12:30 p.m.  
**Location:** WHS Consumer Science Room  
**Cost:** \$230

We are on a mission to get all "eaters" cooking, tasting and thinking about healthy ingredients! Each day they will work together to prepare fun snacks, entrées, and side items whose key ingredients are known to be healthy. They will be cooking up basics from scratch and learning important knife skills! At the end of the week, students will take home the main dish and the recipe to demonstrate what they learned!

## MOVE & TUMBLE

**Instructor:** Meghan Sullivan  
**Ages:** 3 & 4  
**Dates:** Mondays, July 10 - August 14, 6 weeks  
**Time:** 4 - 5 p.m.  
**Location:** Legacy Studios, 1 Burlington Ave.  
**Cost:** \$55



A creative movement class for our youngest movers and shakers. A great way to introduce music and movement into your child's life. They will be twirling, skipping, dancing and hopping their way through this program!

## SIGNS BY DESIGN - SEAS THE DAY

**Instructor:** Terry Pino, *Terry Pino Designs*  
**Ages:** 7 - 13  
**Date:** Tuesday, July 25  
**Time:** 4:30 - 6 p.m.  
**Location:** Town Hall Auditorium  
**Cost:** \$30

Create your own aquarium or beach scene with this wooden frame. Various wooden cutouts such as seahorses, starfish, and sandcastles will be provided to paint and place together how you'd like!



*All materials provided. A sample is on display in the Recreation Office.*

## OUTSIDE THE LINES

**Instructor:** Fun4All  
**Ent. Grades:** 1 - 6  
**Dates:** Monday - Thursday, July 10 - 13  
**Time:** 9 a.m. - 3 p.m.  
**Location:** Wilmington High School  
**Cost:** \$215



Join us for a unique and exciting art experience!

This program focuses on exploring art through different mediums, such as watercolor, collage, vision boards, and tissue art. The theme this week will be foil and splatter painting.

Instructors will also give brief art lessons to teach students about some famous painters and their artwork. During breaks they will play games and have fun with new friends!



## STEAM STUDIO

**Instructor:** Wicked Cool for Kids  
**Ent. Grades:** K - 5  
**Dates:** Monday - Friday,  
 July 17 - 21  
**Time:** 9 a.m. - 12 p.m.  
**Location:** Wilmington High School  
**Cost:** \$295



Children will learn and focus on STEAM-based activities -- where science, technology, engineering, and math collide with art! They will construct kinetic wind-powered sculptures, kaleidoscopes, and crystal solutions; make squishy dough circuits to wire a light-up creation and build a hydroponic garden; and get messy with colors, chemicals and creations to create cool rainbow slime, density tubes and sparkling salt crystals!

## TOP SECRET SCIENCE & MATH

Up to 100 Amazing "Make & Take Home" Experiments!!

**Instructor:** Michael Bergen, *Mass. Science Center*  
**Ent. Grades:** 1 - 5  
**Dates:** Monday - Friday, June 26 - 30  
**Time:** 9 a.m. - 3 p.m.  
**Location:** Wilmington High School  
**Cost:** \$320



Each day students will complete 20 weird and wacky hands-on science experiments, and will take home all projects. The fast paced and funny instructors will keep students entertained while they learn. Students will explore weird motions and flying things, air and water pressure, crazy chemistry, light and sound, science, magic, electricity, magnets, astronomy and more.

Be prepared for lots of fun each day!



**Instructor:** Circuit Lab  
**Ent. Grades:** 1 - 4  
**Dates:** Monday - Friday,  
 July 31 - August 4  
**Location:** Wilmington High School  
**Cost:** \$190 each session

*Students participating in both programs will be supervised during lunch break.*

## ROBOT COMMANDERS 101

8:15 - 11:15 a.m.

Understanding how software can interact with robots is a key skill for the STEM jobs of tomorrow! Learn about what it means to write, debug, and execute computer programs that communicate with different robotic devices. Using the power of code, students will turn Sphero SPRK+ robots into Magic 8 Balls, automated Red Light / Green Light games, and more!

## CIRCUIT MAKERS 101

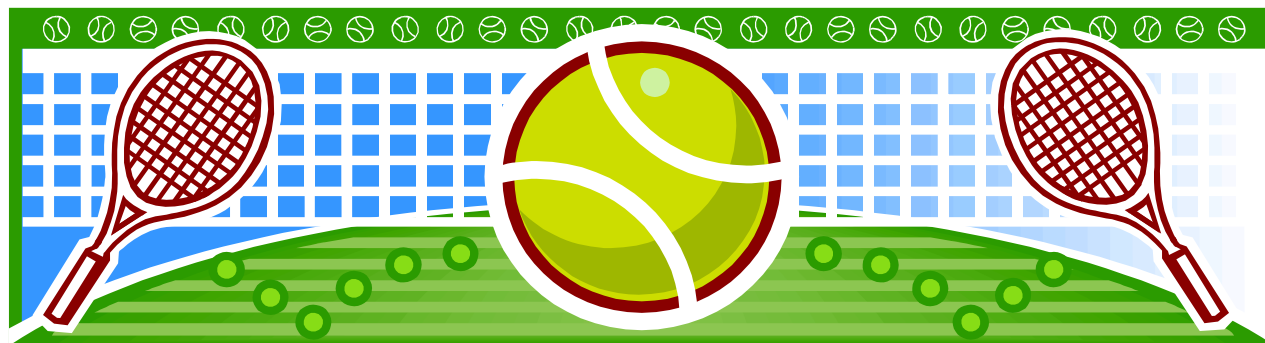
12 - 3 p.m.

Let's get creative with electricity! Gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class consists of a circuitry lesson and a hands-on electronics project using components like lights, buzzers, switches, motors, and sensors. Most classes include a take-home project.



## CANCELLATIONS IN THE EVENT OF BAD WEATHER:

Summer in New England can be tricky, and your patience is appreciated if rain storms cause us to cancel outdoor programs. We will try our best to move indoors or make up cancelled classes. In the event there is more than one day missed in a five-day program, we will offer a partial refund.



### TENNIS LESSONS

**Instructor:** Emily Hill  
**Location:** WHS Tennis Courts  
**Cost:** \$55 (6 weeks)

Learn basic tennis skills with mini-matches to improve your game! Equipment provided if needed.

### TENNIS CLINIC

**Instructor:** Matt Hackett  
**Ent. Grades:** 6 - 9  
**Dates:** Monday - Thursday, July 31 - August 3  
**Time:** 9 a.m. - 12 p.m.  
**Location:** WHS Tennis Courts  
**Cost:** \$75


Have fun on the courts as you spend a week developing a strong fore hand, working on your serve, volleying with others, and playing matches!



### TENNIS BASICS

**Instructor:** Rob Mailey  
**Location:** Boutwell Tennis Courts  
**Cost:** \$55

Tennis anyone? Learn or improve your skills for this life-long sport! Equipment provided if needed.

<b>Mondays</b>	<b>Wednesdays</b>
<b>July 10 - August 14</b>	<b>July 12 - August 16</b>
<b>Ent. Grades 4 - 6</b> 5 - 6 p.m.	<b>Ent. Grades 2 - 3</b> 6 - 7 p.m.
<b>Ent. Grades 7 - 12</b> 6 - 7 p.m.	

<b>Ages 4 - 5</b> (Parent/chaperone required to stay)	9 - 10 a.m.
<b>Ages 6 - 8</b>	10 - 11 a.m.
<b>Ages 9 - 12</b>	11 a.m. - 12 p.m.

Classes are held Monday - Friday. Choice of:

<b>July</b> 17 - 21	<b>July 31 -</b> Aug. 4	<b>August</b> 14 - 18	<b>August</b> 21 - 25
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### SNL SUPER SPORTS

**Monday - Friday,**  
**June 26 - 30 or July 31 - Aug. 4**  
**Location:** Middle School Field

*In the event of rain, class will be held indoors.*



#### Super Sports Jr. (Ages 3 - 4)

**8:30 - 9:15 a.m. \$65**

This program is an introduction to sports for our youngest athletes. They will learn soccer and t-ball, as well as playing fun games!



#### Super Sports (Ages 5 - 12)

**9:30 a.m. - 12:30 p.m. \$175**

Children can sample a wide variety of sports including wiffle ball, soccer, flag football and ultimate frisbee! The emphasis will be on fun - while children are building skills and creating new athletic interests!

Documentation of a physical within the past two years and immunization records is required for Super Sports (Ages 5 - 12).

Registration deadline is **Thursday, June 1!**



## SUMMER BASKETBALL

Games will be played at the **Shawsheen School Outdoor Courts**

### SHOOTING STARS LEAGUE

Ent. Grades: 3 - 5

Dates: Girls: Tuesdays, July 11 - August 15  
Boys: Thursdays, July 13 - August 17  
6 weeks

Time: 6 - 9 p.m.

Cost: \$30

This six week program will provide instruction and games once a week. Teams will play a staggered game schedule.



### TWILIGHT HOOPS

Ent. Grades: 6 - 8

Dates: Mondays & Wednesdays, July 10 - August 2, 4 weeks

Time: 6 - 8 p.m.

Cost: \$30 (\$45 w/mesh reversible Recreation jersey)

This co-ed program allows participants to drop in for as much pick-up basketball as they want! Games will be organized by a supervisor and refereed. Pre-registration is required.

*Players new to Recreation Basketball must purchase a navy/white reversible jersey.*



### SNL BASKETBALL CLINIC

Instructor: SNL Sports Academy

Ent. Grades: 4 - 8

Dates: Monday - Friday, July 17 - 21

Time: 9 a.m. - 1 p.m.

Location: Middle School Gym

Cost: \$280



This co-ed program is brought to you by the same team that runs our awesome Flag Football program! A local High School basketball coach will help you improve your basketball skills through fun drills and scrimmages. This active clinic is suitable for all ability levels.

### GOLF CLINIC - GOLF FOR GIRLS

Instructor: Barrie Bruce

Ages: 6 - 14

Dates: Monday - Thursday,  
July 10 - 14 or July 24 - 28

Time: 9 - 10:15 a.m.

Location: Billerica Country Club

Cost: \$179



Classes are for both beginners and continuing students. All equipment provided.  
*"All you need is a pair of sneakers and a good attitude!"*

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TINY TOTS



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KIDS CLUB

## LIMITED SPACE LEFT FOR TINY TOTS/KIDS CLUB VOLUNTEERS \$10

Students entering grade 9 and above can apply for a volunteer position assisting staff and students. Applications will be accepted on a first come-first served basis for a limited number of positions.

Students must commit to a two-week schedule: **July 24 - August 3**

Time: 9 a.m. - 12 p.m.

\* **Orientation: Tuesday, June 20 at 6 p.m. - Town Hall Auditorium** \*



## SNL FLAG FOOTBALL

**Dates:** Saturdays, September 9 - October 28, 8 weeks  
**Rain date:** November 4  
**Location:** Yentile Farm Turf Field  
**Cost:** \$135



This no-contact league allows every player the opportunity to play quarterback! SNL is designed to provide fun football play (and family entertainment!) in a safe environment. Players will develop and improve their fine and gross motor skills as well as coordination and football skills. Each player receives a shirt and a mouth guard. **Players need non-metal cleats or sneakers.**

Grades 1 - 2	4 - 5 p.m.
Grades 3 - 4	5:15 - 6:15 p.m.
Grades 5 - 6	6:30 - 7:30 p.m.
Grades 7 - 8	7:30 - 8:30 p.m.

## KARATE

**Instructor:** Academy of Traditional Karate

**Dates:** Tuesday, Sept. 5 -  
Monday, Oct. 2,  
4 weeks

**Location:** 155 West Street

**Cost:** \$50

Try an introduction to traditional Karate where life skills such as focus, respect, confidence, self-discipline and goal setting are taught while achieving the physical benefits of self-defense, fitness and stress reduction. Each week students learn new skills and build upon those from their previous class.

*Choose your class day and time, with the flexibility to book make-up classes within the four week program!*



### Little Dragons (Ages 3 & 4)

**Tuesdays:** 4:30 - 5 p.m.  
**Saturdays:** 11 - 11:30 a.m.

### Little Samurai (Ages 5 & 6)

**Mon. or Wed.:** 4:30 - 5:15 p.m.  
or 5:30 - 6:15 p.m.  
**Tue. or Thu.:** 4:30 - 5:15 p.m.  
**Saturdays:** 9 - 9:45 a.m.

### Karate Kids (Ages 7 - 12)

**Mon. or Wed.:** 4:30 - 5:15 p.m.  
or 5:30 - 6:15 p.m.  
**Tue. or Thu.:** 5:30 - 6:15 p.m.  
**Saturdays:** 9 - 9:45 a.m.  
or 10 - 10:45 a.m.

## GOLF CLINICS

**Instructor:** Barrie Bruce

**Ages:** 6 - 14

**Location:** Billerica Country Club

**Cost:** \$155



This four week session is for both beginners and continuing students. Choose the clinic that's right for you!  
 All equipment provided.

*"All you need is a pair of sneakers and a good attitude!"*

### Junior Golf or Golf for Girls

**Saturdays, September 9 - 30**

**9:30 - 10:45 a.m.**

### Junior Golf

**Sundays,  
September 10 - October 1**

**1 - 2:15 p.m.**



## "A RUNNING START"

**Instructor:** Melinda LaConte

**Grades:** 6 - 8

**Dates:** Tuesdays, September 12 - October 17 or  
Wednesdays, September 13 - October 18  
6 weeks

**Time:** 2:40 - 3:25 p.m.

**Location:** Middle School Field and Carter Lane Area

**Cost:** \$40

This co-ed program will introduce middle school students to the sport of running. The focus of the program will be proper running technique and pacing. Runners will start slowly and increase distances each week.

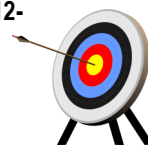
## ARCHERY

**Instructor:** Bob Wait, *On-Site Archery*

**Dates:** Tuesdays, September 12-  
October 10, 5 weeks

**Location:** Middle School Field

**Cost:** \$140



Taught by a Level 3 USA Archery Coach, this program teaches archery safety, range procedures, steps of shooting, scoring and games. All equipment provided.

<b>Grades 6 - 8</b>	<b>Grades 3 - 5</b>
2:45 - 3:45 p.m.	4 - 5 p.m.



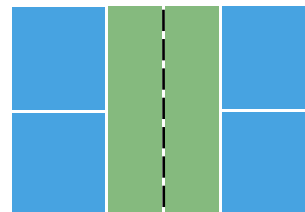
## PICKLEBALL FOR ALL

**Location:** Town Hall Pickleball Courts

Each player should bring their own paddle

A composite paddle is recommended

Wilmington Residents Only



Beginner - \$20	Intermediate - \$40		Round Robin - \$40
For new players! Learn rules and skills while playing this addictive game!	For those players that are proficient in ability and love the thrill of competition!		Must have previous playing experience and know how to keep score.
<b>Mondays</b> July 10 - 31 4 weeks	<b>Thursdays</b> July 13 - August 31 8 weeks		<b>Saturdays</b> July 8 - August 26 8 weeks
<b>Instructor:</b> Tom Pazyra	<b>Supervisor:</b>		<b>Supervisor:</b>
	Michael McInnis	Bob Folk	Michael McInnis
5 - 6 <u>or</u> 6 - 7	5 - 6:30 p.m.	6:30 - 8 p.m.	9 - 10:30 a.m.

## BURN BABY BURN

**Instructor:** Kim Mytych, *Resin8 With Me*

**Date:** Wednesday, May 24

**Time:** 6 - 9 p.m.

**Location:** Town Hall Auditorium

Join us for a fun night out, using a new, simple process of hand scorching your custom design into a pizza peel or 11 piece BBQ set. All materials provided. Perfect gifts Father's Day or groomsman!

**Pizza Peel -**



- 1. PIZZERIA**  
EST. 2022  
Customize!  
*Anthony & Abby*  
**2. PIZZERIA**  
EST. 2022  
Customize!  
*I Love You WITH EVERY PIZZA MY HEART*

**11 Piece BBQ Grill Set -**



**DAD'S BARBECUE**  
CHILLIN' & GRILLIN'  
Customize!

## SIGNS BY DESIGN

**Instructor:** Terry Pino, *Terry Pino Designs*

**Location:** Town Hall Auditorium

All materials provided.

Make it for yourself or give it as a gift!

*All samples are on display in the Recreation Office.*

### "THE GARDEN SHOPPE"

**Tuesday, June 13**

**6 - 8 p.m. | \$45**

Customize with colors of your choice on a prepared wood surface. Choose from these garden favorites; a gnome or watering can!



Dimensions: 5 in. x 8 in.



Double-sided! Dimensions: 7.5 in. x 7 in.

### "A SHORE THING"

**Tuesday, July 25**

**\*6:30 - 8 p.m. | \$60**

**\*taking place after the kids class**

Use various sea glass and sea rocks to create an image or simply to collage with in **TWO** roughly 5 in. x 7 in. shadow box frames.



### "DOOR DECOR"

**Wednesday, September 20**

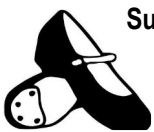
**6 - 8 p.m. | \$55**

Customize with colors of your choice on a prepared wood surface. Personalization available - examples shown below. **Great for weddings!**



Dimensions: 19 in. x 11 in.





## BEGINNER / INTERMEDIATE TAP

**Supervisor:** Meghan Sullivan

**Dates:** Mondays, July 10 - August 14,  
6 weeks

**Time:** 8 - 9 p.m.

**Location:** Legacy Studios, 1 Burlington Ave.

**Cost:** \$55

Learn basic tap steps and fun combinations week to week. Dance just like the American classics!

Tons of fun while you get in shape.

Perfect for beginners or returning students.

**TAP SHOES ARE REQUIRED**

## ADULT GOLF LESSONS

**Instructor:** Barrie Bruce

**Time:** 5:30 - 6:30 p.m.

**Location:** Billerica Country Club



This 5-week class teaches ball striking skills to beginner and intermediate golfers.

Golf clubs are provided if needed.

Wednesdays	Tuesdays
July 5 - August 2	September 5 - October 3
\$209	\$215

## Namaste

**Instructor:** Jennifer Ryan

**Location:** The Yoga Loft (5 Waltham St.)

Please bring a yoga mat, towel, and wear comfortable clothes

### YOGA FOR THE FULL-FIGURED WOMAN

**Cost:** \$95 per 8 week session

#### Mondays

June 5 - July 31 (no 7/3) *or*  
August 7 - October 2 (no 9/4)  
8 weeks each session  
4 - 5 p.m.

#### Thursdays

June 8 - August 3 (no 7/6) *or*  
August 10 - September 28  
8 weeks each session  
7 - 8 p.m.



This class introduces beginners to yoga in a fun and relaxed setting. Movements are modified for a non-intimidating approach to improving your health. Take this class as a gift to yourself!

### BELLS, BALLS AND BANDS

**Dates:** Tuesdays, June 13 -  
August 8 (no 7/4), 8 weeks

**Time:** 10 - 11 a.m.

**Cost:** \$95

Work your entire body using a combination of light kettle bells, Pilates balls and different kinds of exercise bands. Each class will focus on different body parts and muscles, always including the core and balance.

All levels welcome; no experience necessary.



## 35+ BASKETBALL LEAGUE

**Supervisor:** Peter Otovic

**Dates:** Wednesdays, September 13 - November 1  
8 weeks

**Time:** 6 - 9 p.m.

**Location:** Middle School Gym

**Cost:** \$60 (Players without a 35+ mesh shirt must pay a \$25 shirt fee.)

This league offers those ages 35 and over structured team play with refereed games for fun and fitness.



### UPHOLSTERY WORKSHOP

**Instructor:** Louise Redgate

**Dates:** Thursdays, September 7 -  
October 26, 8 weeks

**Time:** 6:30 - 9:30 p.m.

**Location:** Town Hall Auditorium

**Cost:** \$90



Give new life to a piece of your old furniture by learning to reupholster. You will cover your piece with new fabric, learn to tie springs and re-pad. A supply list will be provided as your project progresses.

Be aware - you will have homework!

The class motto is, "If you can carry it, bring it!"

### SPIN

**Instructor:** Jennifer Ryan

**Dates:** Saturdays, September 30 - October 21, 4 weeks

**Time:** 9:15 - 10 a.m.

**Location:** The Yoga Loft, 5 Waltham St.

**Cost:** \$50

Learn the basics of bike setup, positioning, form, and drills. Explore the different types of training normally done in a condensed version of a "regular" indoor cycle class. All levels are welcome. No experience necessary. Wear comfortable clothes and sneakers or spinning shoes.



FALL FUN



## CAPE ANN WHALE WATCH Gloucester, MA

**\$40**



(Regular cost: Adult - \$60; Senior (60+) - \$55; Junior (Age 4-16) - \$45)

These tickets have no expiration date and are valid for any sailing except the 1:30 p.m. weekend sailings from June 1 - Labor Day. Reservations are required. Parking is free.

*A whale sighting is guaranteed! If you do not see a whale on your trip, you can sail again FREE FOR LIFE until you do.*



### AMC Black | \$11 each

*Tickets are available while supplies last.  
Must be purchased in person.  
No expiration date! No restrictions!*



Purchase a gift certificate for Recreation Department programs in any denomination \$25 and over.  
*Makes a great gift!*



## THEATER TRIP



Every theater trip includes bus transportation and an orchestra seat.  
The bus will depart 1½ hours prior to stated show time.  
Theaters restrict patrons to those age five and up.



**Thursday, August 10, 2023**  
**Boston Opera House**  
**7:30 p.m. | \$130**



On September 11th 2001, as the full horror of the terror attacks became apparent, the US closed its airspace, grounding thousands of passenger jets heading in, out and throughout of North America. An astonishing 38 of them were forced to land in Gander, a remote Newfoundland town with a population of just 9,000 people. The arrival of the passengers boosted those numbers to nearly 20,000.

Come From Away focuses on a single set of passengers from one flight and the Gander residents who welcomed them into their homes. Amongst this diverse set of characters is American Airlines' first female pilot, a gay couple both called Kevin, and an Egyptian chef, whose initial apprehensions about the reception he will receive proves unfounded. Weaving together all of their storylines, the show creates an affirming portrait of human connection in the most trying of circumstances.

Detailed flyers with full itineraries are available in our office and on our website under **Trips**. Refunds are based on travel company restrictions and the ability to find a replacement to purchase your trip.



## NEW YORK CITY

Saturday, June 3  
\$80

Take a bite out of the Big Apple!  
Board our luxury motor coach at 6:30 a.m. for a fabulous day experiencing the sights and sounds of NYC. Arrive home at approximately 1:30 a.m.

## MARTHA'S VINEYARD

Saturday, September 9

Adults: \$90 Children (Ages 5 - 12): \$80

Let us deal with the traffic while you enjoy this day at leisure. Trip includes motor coach transportation and your round-trip ferry ticket to the Vineyard.

While there, take a tour or explore on your own!



**Bally's**  
TWIN RIVER  
LINCOLN



Thursday, September 14

Includes motor coach transportation.  
Motorcoach will depart from and return to the Town Common Parking Lot.

## BUDDY & ELVIS

Wednesday, August 9  
\$145

Enjoy the beautiful views overlooking Mt. Tom while listening to some of your favorite songs at the **Log Cabin Banquet Facility** in Holyoke, MA! This fantastic tribute show to Buddy Holly and the great Elvis Presley will surely have you singing along!



Enjoy a luncheon with your choice of **twin lobsters** or prime rib!



**Encore**

BOSTON HARBOR

Tuesday, August 29



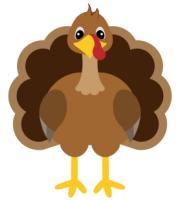
Travel with your friends to New England's newest and most extravagant showcase, The Encore Boston Casino!

Includes motor coach transportation.  
Motor coach will depart from and return to the Town Common Parking Lot.

## NEW HAMPSHIRE TURKEY TRAIN

Tuesday, September 26

\$95



Enjoy the change of seasons on this trip to the White Mountains of New Hampshire. Begin with a stop at **Moulton Farm** in Meredith, NH.



Enjoy the aromas of fresh baked goods from the farm bakery and peruse the thousands of seedlings of all types in the greenhouse. Next you will board the **Scenic Railroad Dining Car** for a full course Hart's Turkey Farm luncheon as you travel the scenic shores of Lake Winnepesaukee.



## CHOCTOBERFEST

Thursday, October 12

\$175

A new spin on the typical Oktoberfest! Your first stop is at **Fascia's Chocolates** in Waterbury, CT where you will participate in a full chocolate experience. Tastings and demonstrations are included, and you will even have the opportunity to create your own chocolate to take home! After there will be a luncheon at **New Mill Restaurant**. Make sure to leave some room though for our final stop, **Alvarium Beer Company**, New Britain's first Microbrewery and taproom. You'll get to try a variety of beers, from their flagship IPAs to their seasonal specialties.



Detailed flyers with full itineraries and registration forms are available in our office and on our website under **Trips**.  
Refunds are based on travel company restrictions and the ability to find a replacement to purchase your trip.

☐ this trip requires a registration **form**   ☐ this trip can be reserved with a **deposit**   ☐ optional cancellation **insurance** is available for this trip

## NORTHERN CALIFORNIA

October 16 - 23, 2023

\$3,720 p.p.d.o. ☐ ☐ ☐

Join us on a unique excursion to Northern California, including San Francisco, Sonoma, Yosemite & Sequoia National Parks and Monterey. This comprehensive tour begins and ends in San Francisco and features 1st class accommodations, sight seeing in San Francisco, a scenic drive to Sonoma for a wine tour and tasting. You will also explore the fascinating National Parks of Yosemite, Kings Canyon and Sequoia. Monterey will delight all your senses with a stroll down Cannery Row, including admission to the iconic aquarium. The 17-mile drive will take you along one of the most breathtaking coastlines to witness the infamous Lone Cypress, Seal Rock and Pebble Beach Golf course.



Just like all of our trips, these adventures include all of your accommodations, noted attractions, and transportation from and returning to Wilmington.

All the highlights of the destinations are arranged by a professional tour company. Register and let us take care of all of the logistics while you enjoy the journey!



Show your spirit on our trips, or just around town, with our apparel available in the Recreation Office for purchase!

### Smitten Tee \$15

*"Smitten... with the mitten!"*

Did you know Wilmington was shaped like a mitten? If not, now you do!

Sizes: Youth and Adult,  
Small - Large

